

Bananas

courtesy of Exodus

Believe it or not, bananas do contain a small quantity of Musa Sapientum bananadine, which is a mild, short-lasting psychedelic. There are much easier ways of getting high, but the great advantage to this method is that bananas are legal.

- 1) Obtain 15 lbs. of ripe yellow bananas.
- 2) Peel all 15 lbs. and eat the fruit. Save the peels.
- 3) With a sharp knife, scrape off the insides of the peels and save the scraped material.
- 4) Put all of the scraped material in a large pot and add water. Boil for three to four hours until it has attained a solid paste consistency.
- 5) Spread this paste on cookie sheets, and dry in an oven for about 20 minutes to a half hour. This will result in a fine black powder. Makes about one pound of bananadine powder. Usually one will feel the effects of bananadine after smoking three or four cigarettes.

Table of Weights

Pounds	Ounces	Grams	Kilos
1	16	453.6	0.4536
0.0625	1	28.35	0.0283
	0.0352	1	0.001
2.205	35.27	1,000	1

(from the Anarchist's Cookbook IV. Re-typed by Exodus)